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TENSIONS RISING OVER UKRAINE

Ukrainian soldiers guard a military camp near the village of Michurino, Ukraine, on Monday. Addressing lawmakers in Ukraine's parliament on Monday, Olexandr Turchynov, the acting president, described Sunday's Crimean poll as a farce that would "never be recognized by Ukraine and the civilized world." See more coverage on pages 12-13. SERGEI GRITS/THE ASSOCIATED PRESS

7-year-old Manitoba girl killed by dogs

Community shaken. Charges not ruled out after death of Grade 2 student, says an RCMP spokesperson

A Manitoba community is mourning the death of a "bright and inquisitive" seven-year-old girl who was mauled by two dogs at a rural home.

RCMP spokeswoman Tara Seel said officers responded to a call Sunday in the Rural Municipality of Springfield. The girl was rushed to a Winnipeg hospital where she was pronounced dead.

The girl, who was from the Rural Municipality of St. Andrews, was visiting family friends at the time, Seel said.

"Two Alaskan malemute dogs were seized and are being held by RM of Springfield animal control while the investigation continues," Seel said Monday. "It should be noted that the dogs were known to the deceased. This was not a random attack."

The girl's name and exact cause of death were not being released, Seel said, adding it's not clear what prompted the attack, and charges are not being ruled out.

Scott Kwasnitza, superintendent of the Lord Selkirk School Division, said teachers and students were struggling to come to terms with the Grade 2 student's death.

"They're devastated. It's not something that happens in a school setting very often," he said. "She was a bright inquisitive girl who was full of life. It just makes this more tragic because of that."

The community is shaken, said Dick Vlaming, fire chief for the RM of Springfield.

"It's terrible. It's something you don't wish on anybody," he said.

THE CANADIAN PRESS

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For sale: A sarcophagus?

Manitoba Museum. Artwork for Egypt exhibit Wrapped: The Mummy of Pesed going to the highest bidder

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

If you're still looking for that sarcophagus to go with your living room sofa, the Manitoba Museum has a steal of a deal for you.

The four-metre-tall sarcophagus, by local artists Anne Armit and Kim Forrest, that adorned the museum's plaza facing Main Street for its Egyptian exhibit Wrapped: The Mummy of Pesed, went up for sale on Monday.

Greg Klassen, communications and marketing manager for the Manitoba Museum, said there are myriad uses for the sarcophagus, including as a garden ornament or as a very large artwork inside a home.

"I don't quite know how you would integrate it into your garden, and you'd have to have a fairly large property, I would think, scale-wise," joked Klassen, adding it would dominate his "fairly small River Heights garden."

The sarcophagus, which was installed at the museum on Oct. 18, shows not much wear and tear considering it braved the elements of a very harsh winter.

"The artists obviously knew it was going to sit outside, but they didn't know it was going to be the coldest winter in 75 years," said Klassen, whose favourite part of the sarcophagus is the glass mosaic work.

"Not one tile has fallen off, nothing. It was built to last. This thing, it'll do well outside."

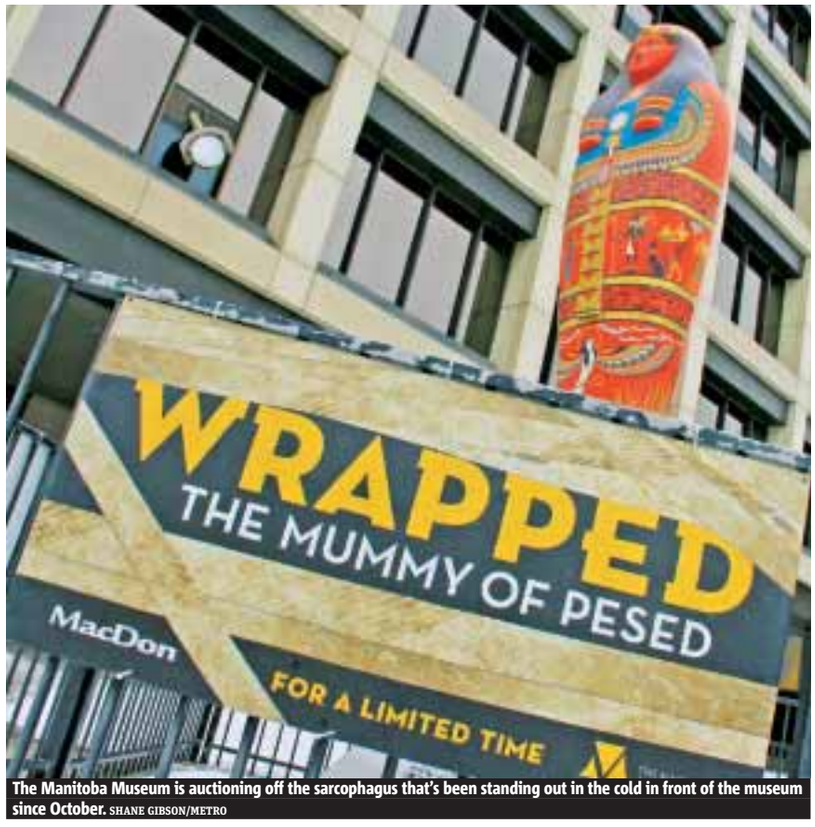
The minimum reserve bid for the sarcophagus is $2,000, with it going to the highest bidder above that amount.

The museum commissioned the sarcophagus with the support of Sputnik Architecture at an actual cost of $12,000.

Wrapped: The Mummy of Pesed wraps up on Sunday, April 6.

'It was built to last'

For more information on purchasing the sarcophagus, or to put in a bid, contact Klassen at gklassen@manitobamuseum.ca.



The Manitoba Museum is auctioning off the sarcophagus that's been standing out in the cold in front of the museum since October. SHANE GIBSON/METRO

'Wyatt Winter' forced unpaid days may not include water, snow staff

The profound woes revealed in Winnipeg this snowy, chilly season has the architect of the "Wyatt Winter" forced unpaid days off for city staff calling for a tweaking of his proposal.

Coun. Russ Wyatt, who chairs council's finance committee, said while the city's administration has not yet come forward with the list of "essential" staff, he believes it shouldn't be limited to firefighters, paramedics and police.

"I think (admin) would take into consideration the fact that it's in the middle of winter, they haven't come back to say these are the essential services that would not be affected, but I think it's pretty clear that that would not be an area" included in the temporary layoff, said Wyatt following last week's finance committee meeting.

City council adopted the 2014 budget, which contained the 3.5-day unpaid leave for "non-essential" staff between Christmas Eve and New Year's Day of 2014, back on Dec. 17 — right as the bone-chilling temperatures that would lead to water main breaks and the deepening frost that froze pipes began.

In an interview with Metro earlier in March, the president of the city's largest union, CUPE Local 500, once again called for the 3.5-day leave to be withdrawn.

"Can you imagine if this happened at Christmas and we didn't have a complement of our workforce in the field?" asked Mike Davidson.

BERNICE PONTANILLA/METRO

Quoted

"Essential services, such as dealing with frozen pipes, would be essential ... and snow removal, you could argue as well."

Coun. Russ Wyatt, on including staff beyond firefighters, paramedics and police on the "essential" staff list

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Stabbing sends two teens to hospital

St. Matthews. Victims, both 18, sustained non-life-threatening injuries after argument with another group

SHANE GIBSON
shane.gibson@metronews.ca

Two young men are recovering from stab wounds after an argument between two groups got bloody in the St. Matthews neighbourhood early Monday.

Police and emergency services found the first victim, an 18-year-old man, suffering from stab wounds to the upper body near Beverley Street and Ellice Avenue around 3:15 a.m.

Another 18-year-old man was found also stabbed in the upper body a short time later near Maryland Street and Ellice Avenue.

Both men were taken to hospital with non-life-threatening injuries.

While still early on in the investigation, police spokesperson Det. Sgt. Natalie Aitken said police have determined the two men were with a 16-year-old girl near Maryland Street and Ellice Avenue when they got into an argument with a group of unknown men and women.

The suspect group, made up of at least five people according to Aitken, followed the victims to the 400 block of Agnes Avenue, where they were stabbed.

Anyone with information is asked to call police at 204-986-6668 or Winnipeg Crime Stoppers at 204-786-TIPS.

Police guard the scene in the backlane between Victor Street and Agnes Street after two men were stabbed in the area early Monday morning. SHANE GIBSON/METRO

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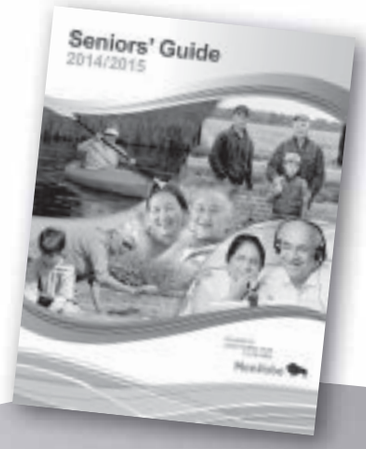

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Manitoba

2013 shooting. Police nab young offender wanted for mistaken-identity slaying

End of manhunt

The suspect has been detained at the Manitoba Youth Centre, and police do not expect to make any further arrests.

Police have caught up with a teen suspect accused of shooting down a man mistaken for a rival gang member and injuring a woman in the West End last April.

The 18-year-old man was picked up in Vancouver March 13 and brought to Winnipeg to face second-degree murder charges in connection to the death of Nigel Dixon, 20, who was shot to death while walking in the 500 block of Langside Street in broad daylight April 2, 2013.

A young woman Dixon was walking with was also hit, but survived the shooting.

Police have previously said they believe a group of suspects approached Dixon and the woman, accusing them of being gang members, and fired as the pair tried to walk away.

Police do not believe Dixon or the woman were involved in gangs.

The man arrested was a young offender at the time, and police have twice taken the rare step of releasing his name and photo after obtaining a Canada-wide warrant for his arrest. METRO

Robbery

Police helicopter helps track suspects

Police have three men in custody after a man was assaulted and robbed behind Portage Place Shopping Centre Saturday night.

The 38-year-old victim was taken to hospital with non-life-threatening injuries after police said he sustained serious upper-body injuries during the robbery around 10:30 p.m.

Police, including AIR 1, tracked two of the suspects to an area near Edmonton Street and Graham Avenue, and the third suspect was taken into custody nearby a short time later.

Elizier Kakegamic, 42, of Winnipeg, Gary Ben Friesen, 25, of Steinbach, and Billie Jo Cooke, 25, of Manitoba, have all been charged with robbery. METRO

Four injured

Teen charged following St. Vital crash

An 18-year-old man is facing drunk-driving charges following a crash in St. Vital early Saturday.

Police were called to St. Vital Road and Dunkirk Drive around 6 a.m., where a Honda Accord had hit a parked Chevy Cobalt.

Both vehicles were extensively damaged, according to police, and four adult passengers were taken to hospital with non-life-threatening injuries.

The driver of the Honda is charged with driving while impaired causing bodily harm and driving with more than 80 mgs of alcohol per 100 ml of blood.

He has been released on a promise to appear in court. METRO

Scientists find Big Bang's 'smoking gun'

'You can see back to the beginning of time.' Expert thinks finding is among the greatest discoveries over the last 25 years

The universe was born almost 14 billion years ago, exploding into existence in an event called the Big Bang. Now researchers say they've spotted evidence that a split-second later, the expansion of the cosmos began with a powerful jump-start. Researchers reported Monday that they found this evidence by peering into the faint light that remains from the Big Bang.

For their research, astronomers scanned about 2 per cent of the sky for three years with a telescope at the South Pole, chosen for its very dry air, to aid in the observations.

They were looking for a specific pattern in light waves within the faint microwave glow left over from the Big Bang. The pattern has long been considered evidence of the rapid growth spurt, known as inflation. The research team's leader, John Kovac of the Harvard-Smithsonian Center for Astrophysics, called it "the smoking gun signature of inflation."

The discovery "gives us a window on the universe at the very beginning," said theoretical physicist Lawrence Krauss of Arizona State University, who was not involved in the work. "You can see back to the beginning of time." THE ASSOCIATED PRESS

Scientists used telescopes in Antarctica to find evidence the universe began with a split-second of rapid growth. STEFFEN RICHTER/THE ASSOCIATED PRESS

Indians celebrate Holi, the spring festival of colours

A man smears the face of a woman with colours during celebrations marking Holi, the Hindu festival of colours, in Mumbai, India, Monday. The holiday, celebrated mainly in India and Nepal, marks the beginning of spring and the triumph of good over evil.

RAJANISH KAKADE/THE ASSOCIATED PRESS

Toxic smog. Paris curbs use of cars on city streets

Paris imposed drastic measures Monday to combat its worst air pollution in years, banning around half of the city's cars and trucks from its streets for a day in an attempt to reduce the toxic smog that's shrouded the City of Light for more than a week.

Cars with even-numbered license plates were prohibited from driving in Paris and its suburbs.

France has seen exceptionally warm, dry weather this month with little wind, which has trapped car pollution and fumes from seasonal farming activity in the air.

Environment Minister Philippe Martin said lower traffic and favourable weather patterns were having an impact on pollution, and that the alternate-plates measure would be lifted Tuesday.

All public transport has been free for four days straight to help deal with the pollution — but that too is set to end Tuesday. THE ASSOCIATED PRESS

In other cities

- Athens has had an alternate driving ban in place for years. In Brazil, Sao Paulo employs a licence-plate-based system that assigns each car a day of the week when it cannot be driven in rush hours.

Lethal fumes. Three dead in suspected carbon monoxide poisoning

Three family members are dead of suspected carbon monoxide poisoning after police say at least one portable propane heater was used inside a home northwest of Toronto.

Const. Fiona Thivierge of Peel Regional Police says a 60-year-old man, his 59-year-old wife and their 36-year-old son died in hospital after the overnight incident in Brampton, Ont.

Two other men who were also in the home were taken to hospital but are expected to recover from inhalation of fumes.

Thivierge says the couple's 29-year-old son arrived home just before 2 a.m. Monday to find the carbon monoxide detector going off and everyone inside the home unconscious.

She says the home's furnace had broken down the previous day and at least one outside heater had been brought inside to warm the home during the bitterly cold weekend.

Caution

- Police are reminding people not to bring propane heaters into their homes.
- Two people died of carbon monoxide poisoning in Newcastle, Ont., east of Toronto, after trying to keep warm with a gas generator in a garage. In another incident, four Toronto residents were treated in hospital after using a charcoal barbecue indoors.

"All we really know at this point is the furnace ... broke down at some point yesterday. They had these propane heaters at the side of the house and they went and brought them inside to warm the house up," said Thivierge.

The identities of the victims are not being released. THE CANADIAN PRESS

Trial. Pistorius had a 'great love and enthusiasm' for guns, firearms trainer says

Oscar Pistorius once said he mistook the sound of a washing machine for an intruder and went into "combat mode" in his house, a South African guns expert testified Monday at the athlete's murder trial in Pretoria, South Africa. Months later, Pistorius killed his girlfriend by shooting her through a closed toilet door.

Sean Rens also said the Olympian had a "great love and enthusiasm" for guns and wanted to buy seven more in 2012, to add to the 9 mm pistol he already owned. He asked Rens, a firearm trainer, to procure them for him under a gun collector's permit.

Pistorius said he killed girlfriend Reeva Steenkamp by accident on Feb. 14, 2013, mistaking her for an intruder in his home. Prosecutors say he killed her intentionally after an argument. THE ASSOCIATED PRESS

Oscar Pistorius wipes his eye during crime scene photographs as he sits in the dock in court in Pretoria, South Africa, on Monday. Pistorius is on trial for the murder of his girlfriend Reeva Steenkamp on Valentine's Day 2013.
DANIEL BORN/THE ASSOCIATED PRESS

Diplomatic drama

Iran cancels dinner with EU's foreign policy chief

Iran's Foreign Minister Mohammad Javad Zarif cancelled a planned dinner meeting with the European Union's foreign policy chief Catherine Ashton on Monday over meetings she had with opposition activists during a visit to Iran earlier this month, Semiofficial Fars news agency reported. THE ASSOCIATED PRESS

Anti-government rallies

Turkish activists charged following 2013 protests

Turkey's state-run news agency says a prosecutor in Istanbul has charged five prominent activists involved in last year's anti-government protests with forming a criminal gang and staging illegal demonstrations. THE ASSOCIATED PRESS

British Columbia

Water permits for fracking illegal, lawsuit alleges

Environmental advocates say the B.C. government has been illegally granting natural gas companies repeated short-term approvals, allowing them to use large quantities of fresh water for years without obtaining full water licences. The Western Canada Wilderness Committee and the Sierra Club of B.C. are asking a court to throw out the short term approvals granted for water use for fracking. THE CANADIAN PRESS

Serial killer case

$50K for children of Pickton's victims

The botched investigation in British Columbia into serial killer Robert Pickton has resulted in a settlement of $50,000 for each of the victims' children who sued the government and the RCMP. THE CANADIAN PRESS

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A U.S. border-patrol vehicle next to the Abram border fence in Abram, Texas, near where, according to officials, a migrant woman, her teenage daughter and a teenage friend tried to surrender to Border Patrol Agent Esteban Manzanares Wednesday afternoon. ALICIA A. CALDWELL/THE ASSOCIATED PRESS

FBI probes assault allegations against dead border agent

Texas. Missing teenager found bound and naked in same apartment where agent had apparently killed himself

Border Patrol Agent Esteban Manzanares. CONTRIBUTED

Esteban Manzanares was working his regular day shift as a U.S. Border Patrol agent along the busiest stretch of Mexican border when a trio of Honduran immigrants spotted him and offered to surrender.

A woman, her teenage daughter and a teenage family friend later told authorities they were taken into custody and driven away from a popular county park just north of the Rio Grande and upriver to a more remote, scrub brush-filled area. It was there, in this rugged no-man's land between the river and a stretch of rust-covered steel border fence, that the older woman says the group was assaulted by a man wearing green fatigues who left the area with one of the girls.

Based on the woman's description of the attacker's clothing and his vehicle, investigators quickly concluded the suspect was likely a U.S. Border Patrol agent, according to a federal law enforcement official.

More than seven hours after the older woman was first spotted Wednesday, her wrists cut and bloodied, agents from U.S. Customs and Border Protection, the FBI and Immigration and Customs Enforcement found Manzanares dead in his apartment from what investigators have described as a self-inflicted gunshot wound. The missing teenager was there, too, bound and naked.

Manzanares's family has no idea what could have led the Border Patrol agent to his apparent suicide.

THE ASSOCIATED PRESS

Senate scandal

Brazeau fraud case not simple: Lawyer

The fraud case against Patrick Brazeau will likely be a complicated one, centred on where he lived, says a lawyer representing the suspended senator.

Christian Deslauriers appeared in court Monday on behalf of Brazeau, as the case was put over until April 28.

Brazeau is facing charges of fraud and breach of trust in connection with the Senate expenses scandal.

THE ASSOCIATED PRESS

Lev Tahor. Guatemala agrees to keep tabs on family from Jewish sect

Authorities in Guatemala agreed to a request from Canadian officials to monitor one of two Lev Tahor families that left Canada earlier this month, a Guatemalan immigration spokesman said Monday.

The spokesman, Fernando Lucero, said the members of the Jewish sect were in Guatemala legally and had broken no laws in the country.

"The alert was given from Canada to keep the family under surveillance," Lucero told The Canadian Press in a telephone interview.

A Quebec court ordered late last year that 14 Lev Tahor children be placed in foster care. Child-welfare authorities in Quebec alleged issues related to hygiene, health and that the children weren't being educated according to the provincial curriculum. THE CANADIAN PRESS

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New uncertainty arises in mysterious disappearance of Malaysian jetliner

MH370. Information suggests message from cockpit could have preceded severed communications

Officials revealed a new timeline Monday suggesting the final voice transmission from the cockpit of the missing Malaysian plane may have occurred before any of its communications systems were disabled, adding more uncertainty about who aboard might have been to blame.

The search for Flight 370, which vanished early March 8 while flying from Kuala Lumpur to Beijing with 239 people on board, has now been expanded deep into the northern and southern hemispheres. Australian vessels scoured the southern Indian Ocean and China offered 21 of its satellites to help Malaysia in the unprecedented hunt.

People holding balloons pose next to a message reading "Pray for MH370," in Kuala Lumpur, Malaysia, on Monday. LAI SENG SIN/THE ASSOCIATED PRESS

With no wreckage found in one of the most puzzling aviation mysteries of all time, passengers' relatives have been left in an agonizing limbo.

Investigators say the Boeing 777 was deliberately diverted during its overnight flight and flew off-course for hours. They haven't ruled out hijacking, sabotage or pilot suicide, and are checking the backgrounds of the 227 passengers and 12 crew members — as well as the ground crew — for personal problems, psychological issues or links to terrorists.

Malaysian Defence Minister Hishammuddin Hussein said finding the plane was still the main focus, and he did not rule out that it might be discovered intact. "The fact that there was no distress signal, no ransom notes, no parties claiming responsibility, there is always hope," he said at a news conference. THE ASSOCIATED PRESS

Disabled transponders

Raising more questions

The new information opened the possibility that both ACARS and the plane's transponders, which make the plane visible to civilian air traffic controllers, were turned off at about the same time. It also suggests that the message delivered from the cockpit could have preceded any of the severed communications.

Turning off a transponder is easy and, in rare instances, there may be good reason to do so in flight — for example, if it were reporting incorrect data. The Malaysian plane does not appear to fit that scenario, said John Gadzinski, a 737 captain.

THE ASSOCIATED PRESS

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N.Y.C. mayor skips St. Pat's parade amid tension over gays

Parade organizers. They've said gay groups are not prohibited from marching, but can't carry signs

In this Friday, March 17, 2006 file photo, members of the Irish-American gay community protest the exclusion of gay expression from the annual St. Patrick's Day Parade in New York. DIMA GAVRYSH/THE ASSOCIATED PRESS

New York City's St. Patrick's Day parade stepped off Monday without Mayor Bill de Blasio marching along with the crowds of kilted Irish-Americans and bagpipers amid a dispute over whether participants can carry pro-gay signs.

The world's largest parade celebrating Irish heritage set off down Fifth Avenue on a cold and grey morning, the culmination of a weekend of St. Patrick's Day revelry.

De Blasio held the traditional St. Patrick's Day breakfast at Gracie Mansion with the Irish prime minister, Enda Kenny, but was boycotting the parade, which doesn't allow expressions of gay identity. Boston's new mayor, Martin Walsh, also opted out of that city's parade Sunday after talks broke down that would have allowed a gay veterans group to march.

Guinness beer abruptly dropped its sponsorship of New York's parade on Sunday over the controversy. The Dublin-based company has pulled sponsorship assets, including on-air presence, parade participation and any promotional materials that weren't already printed, although the beer maker had already made a payment to parade organizers, spokeswoman Alix Dunn said.

Other beer companies earlier joined the boycotts, with Sam Adams withdrawing its sponsorship of Boston's parade and Heineken following suit in New York. That leaves Ford as the last remaining major sponsor of the Manhattan parade.

Parade organizers in New York have said gay groups are not prohibited from marching, but they are not allowed to carry gay-friendly signs or identify themselves as LGBT.

THE ASSOCIATED PRESS

Alberta. Associate minister resigns, leaving Tory caucus

An associate minister in Alberta Premier Alison Redford's cabinet resigned her post and left the Tory caucus Monday as unrest continued to roil on government benches.

Donna Kennedy-Glans, member of the legislature for Calgary Varsity, cited the inability to create change from within the party and a culture of entitlement as reasons for her departure.

But she did not criticize Redford by name.

"This is not just about leadership," Kennedy-Glans told reporters in Calgary. "This is about how our party functions and whether change from within is possible.

"We've had conversations about the premier's leadership for months now. I am just one person. I have to make my choices. I'm not here to bring down anyone."

Alberta Premier Alison Redford
THE CANADIAN PRESS

THE CANADIAN PRESS

Documents. Military rejected Canada Day Afghanistan tribute

Military planners have treaded delicately on how best to remind the country of the sacrifices of Canadian Forces members in Afghanistan, raising concerns about potential political and public sensitivities, newly released documents show.

That led military brass to ultimately recommend abandoning plans for a noon-time ceremony on Parliament Hill this coming Canada Day that would have commemorated the mission.

Inside the Defence Department, preparations are underway for a series of war commemorations aimed at making sure Canadians never forget the 12 years that their military personnel spent in the war-ravaged country, where 158 of them died.

However, a poll released last week showed a fading Canadian desire to be reminded of the war in Afghanistan. Two-thirds of respondents to The Canadian Press Harris-Decima survey said they would withhold judgment on whether the military mission was a success or failure.

The last of about 100 Forces military trainers departed Kabul last week, ending a three-year training mission for Afghan security forces.

THE CANADIAN PRESS

TRANSIT TUESDAY
Weekly Transit News Update

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN
Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham and Donald), is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m. Customers can visit the new location for all their transit service needs, including bus pass and ticket purchases, route planning assistance and more. For your convenience, Winnipeg Transit also has customer service centres located in the Winnipeg Square Concourse and at 414 Osborne St.
Please note, the 65 Garry St. service centre now serves business customers only and is no longer open to the public. For more information, please visit winnipegtransit.com or call 311.

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The next time you and your friends are planning lunch at your favourite downtown restaurant, don't forget about the Downtown Spirit. This free shuttle service is a great way to travel to most of Winnipeg's most popular downtown destinations. There are three routes available to serve you. For complete route and schedule information, visit winnipegtransit.com or call 311.

WINNIPEG TRANSIT IS HIRING
Winnipeg Transit is hiring bus operators, trades and maintenance people due to the planned retirements of long-term employees. Winnipeg Transit will be accepting applications at the Grant Park Shopping Centre this Friday and Saturday only. Don't miss your chance for a secure job with above-average salary and benefits. Look for Winnipeg Transit's display booth in the west end of the Grant Park Shopping Centre. Staff will be on hand to answer all your questions. For more job information, visit winnipegtransit.com.

Convicted Mafia boss wins U.K. extradition case

Italy. Former chief of feared Sicilian Mafia won't be sent back

A convicted Mafia boss returned to his comfortable home in London on Monday after a judge ruled that overcrowding in Italian prisons could violate his rights.

The decision, which Italy is likely to appeal, is a triumph for Domenico Rancadore, a 65-year-old who lived a quiet life under the name Mark Skinner for almost 20 years until he was arrested on a European warrant in August.

Italian officials said he had been a chief of the feared Sicilian Mafia and was convicted in his absence for criminal associations between 1987 and 1995. Rancadore took his wife's surname and they moved to London with their two children in 1994 — before he was facing charges.

Convicted Mafia boss Domenico Rancadore, left, and his wife Anne Skinner. SANG TAN/THE ASSOCIATED PRESS

"He made a deliberate decision 20 years ago to walk away from the Mafia and all that is associated with it," said Rancadore's lawyer, Karen Todner, praising the decision. "He has led a blame-free existence in the United Kingdom where he has resided peacefully with his wife and family."

Rancadore and his wife both had their heads fully covered as they left the courthouse and headed home Monday.

Judge Howard Riddle agreed that there were valid grounds for extradition, but the judge cited a recent higher court ruling that refused extradition of another man because of concerns about overcrowding at Italian prisons.

Rancadore is expected to be freed on bail but required to report to a local police station daily. THE ASSOCIATED PRESS

Mademoiselle mayor?

Anne Hidalgo, left, and Nathalie Kosciusko-Morizet during a campaign rally in Paris on Jan. 27. The two women are at war to be the new face of Paris, vying to mark the first time in this city's long history that the mayor won't be a Monsieur. The Socialist Anne Hidalgo is the favourite to win municipal elections that start Sunday. Kosciusko-Morizet, 40, is a former environment minister under Sarkozy's government. THIBAULT CAMUS/THE ASSOCIATED PRESS FILE

Fear of tsunami

Another quake hits coast of Chile

A magnitude-6.2 earthquake shook Chile's northern Pacific shore just hours after a stronger quake hit the same region and prompted a preventive evacuation of coastal areas due to fear of a possible tsunami.

The quake at 11:11 p.m. Sunday was the strongest of more than 50 aftershocks that followed a magnitude-6.7 quake Sunday afternoon, according to the U.S. Geological Survey.

Most have been imperceptible but a few have shaken residents of the northern Chilean towns, leading some to sleep in their cars or outdoors.

The big quake caused only minor reported damage, though officials briefly evacuated more than 100,000 people from coastal zones.

Chile's Emergency Office called for a return to normalcy and said offices and schools would be open on Monday. THE ASSOCIATED PRESS

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Feds to inform police of marijuana growers

New rules. Health Canada says it will tell police if medical users don't dispose of homegrown stashes

Health Canada says it will share relevant information — including the names and addresses of those who flout the new marijuana growing system — with law enforcement.

Under the existing federal program, thousands of people have licences to cultivate marijuana for personal use to help ease painful symptoms.

But beginning April 1, the government plans to allow only select commercial producers to grow marijuana under "secure and sanitary conditions" for postal distribution to medically approved patients.

Health Canada says anyone other than a licensed producer growing marijuana as of that date is breaking the law.

It means those who now possess or grow marijuana under the old rules must destroy and dispose of plants, seeds and dried pot by March 31.

The Health Department says it is sending letters to those enrolled under the old rules to say they must submit a signed form by April 30 confirming they have stopped growing pot. Users are also required to list the number of plants — and the number of grams of dried marijuana and seeds — they have destroyed.

THE CANADIAN PRESS

As of April 1, only commercial producers can grow marijuana. THE ASSOCIATED PRESS FILE

Venezuela

Government forces take control of protest plaza

Security forces on Monday took control of a Caracas plaza that has been at the heart of anti-government protests that have shaken Venezuela for a month.

Clusters of National Guardsmen patrolled Plaza Altamira and the principal streets extending from it while dozens of green-vested workers swept up debris that protesters used to block streets in the middle and upper-class neighbourhoods of eastern Caracas.

It was not immediately clear if the crackdown by some 1,000 members of various security forces would stifle the student-led protests in the capital or if it might shift them elsewhere.

Some student leaders vowed they would continue until the government meets their demands, the first of which is releasing those arrested during protests.

The protests have been joined by tens of thousands of Venezuelans, mostly from the middle class, who are fed up with inflation that hit 56 per cent last year, soaring violent crime and shortages of basic necessities such as corn flour and cooking oil.

THE ASSOCIATED PRESS

U.S. Military. Sex-assault charges dropped in exchange for general's guilty plea

A U.S. Army general who admitted to inappropriate relationships with three soldiers who had served under his command pleaded guilty Monday to lesser charges as prosecutors dropped the most serious — sexual-assault counts — as part of a deal.

The hearing at Fort Bragg caps the high-profile prosecution of Brig. Gen. Jeffrey Sinclair.

Sinclair, believed to be the highest-ranking U.S. military officer to face court-martial on sexual-assault charges, explained details of his three-year affair with the woman under his command for the first time publicly.

"I failed her as a leader and as a mentor and caused harm to her emotional state," Sinclair said.

Sinclair pleaded to the lesser charges in exchange for the Army dropping sexual-assault charges and two other counts that might have required him to register as a sex offender. A military judge accepted his guilty pleas.

Brig. Gen. Jeffrey Sinclair
THE ASSOCIATED PRESS FILE

Sinclair, 51, had been accused of twice forcing a female captain under his command to perform oral sex during a three-year extramarital affair.

The case against Sinclair started to crumble as questions arose about whether his primary accuser had lied in a pre-trial hearing. It was further thrown into jeopardy last week when Judge Col. James Pohl said the military may have improperly pressed ahead with the trial to send a message about its determination to curb rape and other widespread misconduct. Under the military code of justice, the decision was supposed to be decided solely on the evidence, not its broader political implications.

THE ASSOCIATED PRESS

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The view from home

Harper: 'We must keep the pressure on' Russia

Prime Minister Stephen Harper says Canada will impose more sanctions on Russia as a result of Sunday's vote in Crimea to secede from Ukraine.

Harper said Monday that the result of the so-called referendum is illegitimate and was conducted under an illegal occupation.

Harper said his government will be announcing more economic sanctions and travel restrictions on "senior people" in Russia and Ukraine, and "in Crimea specifically."

"It's my strong belief we must keep the pressure on and we must continue to maintain sanctions and maintain putting in place strong steps to dissuade this behaviour," Harper said. "What the Putin regime has done cannot be tolerated and can never be accepted."

THE CANADIAN PRESS

West hits Russia with sanctions over Crimea

Tensions rising.
Ukraine's president activates thousands of military reservists as Russian troops mass near its border

Russian President Vladimir Putin recognized Crimea as a "sovereign and independent country" Monday, just hours after the strategic Black Sea peninsula declared it had broken away from Ukraine.

The moves triggered the toughest Western sanctions against Russia since the Cold War — with Washington and the European Union retaliating with asset freezes and travel bans and U.S. President Barack Obama vowing to "increase the cost" if the Kremlin does not back down.

U.S. President Barack Obama
THE ASSOCIATED PRESS

Ukraine's turmoil has become Europe's most severe security crisis in years and tensions have been high since Russian troops seized control of Crimea, which decided in a Sunday referendum to merge with Russia. Putin signed a decree recognizing Crimea's independence, and Russian troops were massed near the border with Russian-speaking eastern Ukraine.

Ukraine's acting president raised tensions on the ground by calling for the activation of some 20,000 military reservists and volunteers and for the mobilization of another 20,000 in the national guard.

The U.S., EU and Ukraine's new government do not recognize the referendum held Sunday in Crimea, which was called hastily as Ukraine's political crisis deepened with the ouster of President Viktor Yanukovych following months of protests and bloodshed. In addition to calling the vote itself illegal, the Obama administration said there were "massive anomalies" in balloting.

A top Russian official hit by sanctions mocked Obama.

"What should those who have neither accounts nor property abroad do? Have you not thought about it?" Deputy Prime Minister Dmitry Rogozin tweeted. "I think the decree of the President of the United States was written by some joker."

The Crimean parliament declared that all Ukrainian state property on the peninsula will be nationalized and become the property of the Crimean Republic. It gave no further details. Lawmakers also asked the United Nations and other nations to recognize it and began work on setting up a central bank with $30 million in support from Russia.

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An elderly woman speaks to a Russian overwhelmingly yesterday to secede

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military man outside a Ukrainian military base on Monday in Simferopol, Ukraine. Voters on the autonomous Ukrainian peninsula of Crimea voted from their country and join Russia. DAN KITWOOD/GETTY IMAGES

A Ukrainian soldier adjusts his balaclava as he guards a military camp near Michurino, Ukraine, Monday. Acting president Olexandr Turchynov on Monday described Sunday's Crimean poll as a farce that would "never be recognized by Ukraine and the civilized world." SERGEI GRITS/THE ASSOCIATED PRESS

What's next?

- A delegation of Crimean lawmakers was set to travel to Moscow on Monday for negotiations on how to proceed. Russian lawmakers have suggested that formally annexing Crimea is almost certain — with one saying it could happen within days.
- The Crimean referendum could encourage rising pro-Russian sentiment in Ukraine's east and lead to further divisions in the nation of 46 million.
- In Kyiv, acting president Oleksandr Turchynov vowed that Ukraine will not give up Crimea.

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Moon mining: The 21st century gold rush

What's up there

- H2O. Used for drinking and, when separated into hydrogen and oxygen with a little electricity, as rocket fuel.
- Rare earth minerals — platinum, rhodium, gold. Not just bling, platinum group metals are used as catalysts in solar panels. Right now their cost is one of the barriers to making cheap solar cells.
- Helium-3. A potential radiation-free fuel for nuclear energy production.

Building an economy in space. Many elements that are rare on Earth can be found aplenty on the moon

STEPHANIE ORFORD
For Metro in Vancouver

Five years ago, if you had brought up moon mining among geologists, "you would have been laughed out of the room," said Gordon Osinski, founder and director of the Canadian Lunar Research Network, and an assistant professor of geology at the University of Western Ontario.

Times have changed. Mining on the moon and on asteroids, formerly the stuff of science fiction, is clearly in the sights of governments and, increasingly, private companies.

In February, NASA announced it was accepting applications from U.S. companies to build robots for lunar prospecting, a step toward creating an economy in space.

And there's certainly a market for what's up there. Many elements that are rare on Earth can be found aplenty on the moon. Satellite imaging has shown that the top 10 centimetres of regolith (moon soil) at the south pole of the moon appears to hold about 100 times the concentration of gold of the richest mines in the world, according to a recent paper co-authored by Dale Boucher, the CEO of Deltion Innovations, based in Sudbury, Ont.

"There is a business case now for mining (on the moon) as an economic activity," said Boucher.

So why was the idea laughable five years ago? Getting off this planet is a herculean challenge, technically and economically. "Some of the present estimates are that a one-litre bottle of water soft-landed on the moon would cost about a quarter of a million dollars," said Boucher.

But companies are working quickly to reduce that cost. Companies like SpaceX, which streamlines the production and usage of its space vehicles to make them economically viable, are showing that private businesses can get into space more cheaply and efficiently than countries can.

Once you've landed on the moon, you're confronted with more challenges. The ground temperature is -200 C, there's no atmosphere and solar radiation can damage equipment.

Not all the difficulties are technical, however. If lunar resource extraction becomes an international activity, there may be conflict over who owns those riches.

In 1967, two years before the first humans landed on the moon, the United Nations created the Outer Space Treaty, but that agreement was vague on resource extraction.

"Those policy and legal issues are going to be as challenging as the engineering," said Osinski.

Despite its challenges, he anticipates that mining on the moon and asteroids will become a reality in 10 to 20 years.

"I think it is a question of when, not if."

However, the Canadian Space Agency has no plans for large-scale extraterrestrial resource extraction, says Osinski.

Mission: 2018

Canada at a crossroads

Moon and asteroid mining is an opportunity Canada cannot afford to miss out on, according to Dale Boucher, CEO of Deltion Innovations.

Boucher's Sudbury, Ont.-based company has developed a drill for extraterrestrial prospecting. In March 2012, NASA invited the Canadian Space Agency to provide Deltion's drill system and a rover vehicle for a proposed lunar prospecting mission in 2018.

The Canadian government must now decide whether to fund this.

The mission would research in-situ resource utilization — small-scale extraction and refining of resources that are used on the spot. These technologies, including Deltion's drill, could be adapted to larger-scale operations.

The 2018 prospecting mission would sample the south pole of the moon for water ice, and would be the first-ever mission to the moon that would have a "mining flavour," said Boucher. Water is an important first step, he explained. When split into oxygen and hydrogen, it's a fuel that can be used to power further exploration.

"Canada is at a crossroads right now and the next few months will be very telling."

Testing of Deltion's DESTIN drill in frozen lunar simulant. CONTRIBUTED

Nuclear energy **He-3**

Helium power

Over billions of years, solar winds have embedded helium-3 into the top 10 centimetres of the moon's soil. Researchers believe helium-3, which is scarce on Earth, may be the key to fueling sustained, large-scale nuclear fusion reactions that could power cities. Nuclear fusion, the fusing of atoms, is different from current nuclear power plants, which run by nuclear fission, the splitting of atoms. Existing plants split radioactive isotopes of uranium, producing hazardous waste. Not a problem with helium-3, as it is not radioactive.

If reactors get past the research stage, helium-3 could provide the first-ever fuel for nuclear-energy production that doesn't pose a risk of radiation.

Q&A

Changing the mass of the moon

Gordon Osinski is the founder and director of the Canadian Lunar Research Network and an assistant professor of geology at the University of Western Ontario.

Osinski

If we change the mass of the moon by extracting all these resources, will this affect our tides or have other gravitational effects?

It would have to be a huge fraction of the entire mass of the moon that you'd have to remove. A big part of my research studies meteorite impact craters and there are giant holes in the moon from asteroids and comets hitting it. None of those impact events have had an effect on the moon's rotation.

Could mining change the way we see the moon from Earth?

You'd have to do it on such a large scale to ever be able to see it from the earth.... Maybe in 1,000 years time it'll be a discussion point.

Why stop at mining?

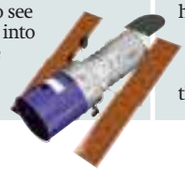
According to Osinski and Boucher, the moon could also be home to:

Rocket fuelling stations

Stations that extract water could split H_2O to produce oxygen and hydrogen, fuel for missions venturing farther out into space.

Long-range telescopes

The darkness on the far side of the moon would allow telescopes to see even deeper into the universe than the Hubble.



Advertising opportunities

If astronaut Chris Hadfield can tweet a picture of himself from space, more extraterrestrial product placement is likely on the horizon.

Space hotels

"To me, one of the most iconic images … is just that image of Earth from the moon," said Osinski. "I think people would probably just pay for that."

A good ol' wild legal standoff over whiskey

In this May 2009 file photo, Jeff Arnett, the master distiller at the Jack Daniel Distillery in Lynchburg, Tenn., tests the aroma of whiskey. Jack Daniel's is fighting efforts in the state legislature to dial back the legal definition of Tennessee whiskey, a definition that resembles almost to the letter the process used to make Jack Daniel's. State lawmakers say the requirements make it too difficult for craft distilleries to market their spirits as Tennessee whiskey, a distinctive and popular draw in the booming American liquor business. MARK HUMPHREY/THE ASSOCIATED PRESS

Market Minute

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Waterloo, Ont.

BlackBerry cuts 120 workers

BlackBerry has laid off 120 employees in its product development and wireless technology divisions, the company with headquarters in Waterloo, Ont., said Monday. THE CANADIAN PRESS

Will the real Bitcoin brainchild please stand up?

We're gonna have a problem here. Dorian Satoshi Nakamoto denies he's behind the cybercurrency

Dorian S. Nakamoto denied being behind Bitcoin to The Associated Press. THE ASSOCIATED PRESS FILE

The man Newsweek claimed is the creator of Bitcoin has hired a lawyer in an attempt to clear his name, repeating a denial he made to The Associated Press more than a week ago that he has never had anything to do with the digital currency.

In a statement issued by his lawyer, Ethan Kirschner, Dorian Satoshi Nakamoto said Monday that he "did not create, invent or otherwise work on" Bitcoin. In the magazine's return to print this month after more than a year, Newsweek's cover story declared Nakamoto to be the "face behind Bitcoin."

Despite the repeated denials, the magazine has stood behind the story.

Nakamoto, 64, did not say whether he plans to sue the magazine.

Nakamoto repeated that he had not heard of Bitcoin until his son told him a reporter asked about it in mid-February. He said he has not been able to find steady work for 10 years and had cancelled his Internet service last year "due to severe financial distress."

Nakamoto added that he is trying to recover from prostate surgery in 2012 and a stroke he suffered last October.

Newsweek developed its thesis on the creator's identity by matching Nakamoto's name, educational history, career, political views and writing style to the alleged creator of Bitcoin, who has been known only as "Satoshi Nakamoto." Many believe the name to be a pseudonym.

THE ASSOCIATED PRESS

Where's (egg) Waldo? Somewhere in New York City

New York City is getting ready for an old-fashioned Easter egg hunt with a 21st-century twist: The public will hunt for the eggs as part of an interactive contest using a smartphone app.

Nearly 275 egg sculptures will be hidden around the city April 1-17 as part of The Fabergé Big Egg Hunt. The eggs are about three quarters of a metre tall and were created by famous artists and designers like Tommy Hilfiger and Jeff Koons.

A free downloadable smartphone application will allow the public to check in each time an egg is found. The eggs' locations will remain secret until 10 people use the app to check in at an egg. At that point its location will appear on an interactive map, becoming public. Participants will be eligible for prizes.

Each egg is unique. In addition to Hilfiger and Koons, eggs include those designed by architect Zaha Hadid, Where's Waldo creator Martin Handford, artist Julian Schnabel, Lego brick artist Nathan Sawaya and fashion designers Carolina Herrera and Ralph Lauren.

From April 18-25, all the eggs will be gathered for a free exhibit at Rockefeller Center.

They'll then be auctioned off by Sotheby's and the online auctioneer Paddle8 to benefit Elephant Family, a conservation organization, and Studio in a School, a program that brings visual arts to underserved New York City kids.

Twenty-four of the eggs were made by students participating in Studio in a School programs.

Mini-replica eggs and a children's book about the hunt will be sold at Saks Fifth Avenue, pop-up locations around the city and online.

London hosted a Big Egg Hunt in 2012, while Glasgow, Liverpool, Manchester and Dublin hosted them in 2013.

The original Fabergé eggs were ornate bejeweled egg-shaped works of art made for the families of Russian czars in the late 19th and early 20th centuries. Many of the Fabergé eggs, about the size of a real egg, opened up to reveal elaborate tiny treasures inside. Some are now displayed by museums around the world.

THE ASSOCIATED PRESS

BAN 'BOSSY' OR BE THE BOSS?

SHE SAYS

Jessica Napier
metronews.ca

Earlier this month, Facebook COO Sheryl Sandberg launched a high-profile public service initiative to ban the word 'bossy' from our collective vocabularies. She argues that the contentious five-letter word quashes young girls' self-esteem and discourages them from pursuing leadership roles.

Bossy might seem like a relatively innocuous adjective, but think for a moment about how often you've heard a male executive described in this manner. Like catty, bitchy and hysterical, bossy is a loaded expression that is uniquely gendered in its application. Whether you're chastising a difficult child or whining about an argumentative manager, bossy is most-often used to describe female behaviour and it's usually employed in a derogatory way.

The pejorative put-down — which brings to mind shrill nagging rather than competent management strategies — has a real impact on the way women in managerial positions are viewed by others. Aggressive people get the job done; bossy people just make a lot of noise.

Plenty of prominent female celebrities are getting on board the #BanBossy bandwagon — including Diane von Furstenberg, Jennifer Garner and Beyoncé, who all appear in a YouTube video as part of the campaign. As usual, Queen Bey's words are the most resonant: "I'm not bossy," she proclaims, "I'm the boss." Bow down, indeed.

While policing everyday language is a seemingly impossible task, it's important to create awareness about how certain words are used to reinforce negative stereotypes about women in leadership positions. Rather than labelling outspoken women as bossy, we should be encouraging them to raise their hands, give direction, voice their ambitions and take on commanding roles. But before we attempt to embargo bossy forever, let's take a moment to remember some of the best examples of women who made bossy look good.

Tina Fey, whose bestselling autobiography Bossypants — which chronicles her rise to fame in the male-dominated world of comedy — is both laugh-out-loud funny and incredibly inspiring. Amusingly, Amazon lists Fey's book alongside Sandberg's book Lean In as items that are frequently bought together.

The anonymous individual behind Urban Dictionary's top definition for the word bossy sums it up well. The streetwise submission reads as follows: "Describes a girl who is the alpha-female or the queen bee. She is gettin paid, stayin fly, and is the leader of her crew. Respected by all; loved by some." With over 500 'up' votes, this is certainly a description that many of us can get behind.

Little Miss Bossy: the iconic big-mouthed, blue character from the popular children's books by Roger Hargreaves stays true to her name. Little Miss Bossy was the first female character to be introduced in the beloved Mr Men & Little Miss series, staying true to her assertive personality.

American R&B singer Kelis, who reminds us on her catchy 2006 power anthem Bossy, that she was the one who brought all the boys to the yard. Years later the song was featured on an episode of 30 Rock, the award-winning sitcom created by and starring Tina (Bossypants) Fey.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Reviving ancient history

AMR NABIL/THE ASSOCIATED PRESS

Museum opening near pyramids

Egyptian conservators clean a female mummy dated to Pharaonic late period, (712-323 BC), in the conservation centre of Egypt's Grand museum under construction, just outside Cairo, on Monday. Egypt's antiquities minister says construction has begun on the main hall of a massive new museum by the pyramids, the final phase of a complex that's intended to house 100,000 ancient artifacts including King Tutankhamun's mummy.

THE ASSOCIATED PRESS

A conservator cleans a piece of limestone. THE ASSOCIATED PRESS

Tourism suffering after years of turmoil

Authorities are seeking to revive Egypt's battered tourism industry after three years of turmoil. The Grand Egyptian Museum was supposed to open in 2012.

THE ASSOCIATED PRESS

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

In glorious news for Beatles nuts and guitar wonks, the excellent Guitar Collection: George Harrison has dropped from its initial price of $10 to a virtually free tag of $0.99. Spearheaded by Harrison's son, Dhani, the mobile app provides fans with an up-close look at the Beatle's fearsome guitar arsenal with a fully interactive photo gallery of Rickenbackers, Strats and ukuleles that would alone be worth the cost of entry to some.

George Harrison
GETTY IMAGES

But the real treasure lies in audio clips Dhani recorded before George's death, where the father tells the son about his favourite instruments, the stories behind them and the songs they graced — and it truly feels like you're sitting in the room with the pair, listening in.

Toss in a generous helping of Beatles lore and performance videos (including sessions featuring Dhani playing with Conan O'Brien, Ben Harper and others) and you have some of the best bang for a literal buck available on the App Store.

Twitter

@metropicks asked: By 2025 the Internet will flow in our lives like electricity, experts say. How do you imagine it in 2025?

@Canucklehead_ca: 90% 'which breed of cat are you' quizzes. That being said, unless you get a screen name soon you are likely out of luck.

@MomAndDadFight: in 2025 we've done away with names. Everyone is named Steven. Me and my cousin Steven are going to see Steven at the Stevenplex

Follow @metropicks and take part in our daily poll.

Comments

RE: Scared Of The 9-to-5 Grind? You Will Be After Watching This Film, published March 14

Looks very interesting! Personally I feel very similar when I commute to work every day. I see everyone with their faces planted on their devices. Nobody talks anymore, it's all texting! I went to a sushi restaurant the other day and saw five guys sitting in a booth. Every one of them glued to their phones and not conversing with each other. Just glaring and texting. It's a mad world we live in!!

Supair Mario posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: winnipegletters@metronews.ca

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DVD review

American Hustle

Director. David O. Russell

Stars. Christian Bale, Amy Adams, Bradley Cooper, Jennifer Lawrence

American Hustle is a dance you want to join and a party invitation you want to take up.

"Some of this actually happened," the title card reads, referring to the parts of this shaggy dog narrative that ricochet off the real con game of the late 1970s and early 1980s, known as Abscam, when FBI agents posed as Arab sheiks to sucker and collar a passel of corrupt politicians.

Directed by David O. Russell, it stars Christian Bale, Amy Adams, Bradley Cooper and Jennifer Lawrence as scammers and flim-flammers on either side of the law, all comporting themselves as if they wandered off the set of Saturday Night Fever.

Extras include deleted and extended scenes and a making-of featurette.

Saving Mr. Banks

Director. John Lee Hancock

Stars. Tom Hanks, Emma Thompson

When the story sticks to the 1961 mouse-and-cat game between Walt Disney (Tom Hanks), seeking film rights from reluctant Mary Poppins author P. L. Travers (Emma Thompson), well, it's a jolly holiday with Mary. The smile curdles through frequent and tiresome strolls down the rocky memory lane of Travers' impoverished Australian childhood and the constant flashbacks make for a whole other movie, a drearier one.

The DVD offers a bonus not available in theatres: You can fast-forward through the dull melodrama, and give thanks that the sugar in the rest of the film is doled out by the spoonful, not the shovelful. **PETER HOWELL**

Nymphomaniac exposes surprising side of Slater

Revealing role.
Keeping his clothes on puts fading star back in the spotlight

MATT PRIGGE
Metro World News in New York

Christian Slater liked working with Lars Von Trier, calling the director 'very gentle'. DAN STEINBERG/THE ASSOCIATED PRESS

No, Christian Slater wasn't reluctant to do Lars Von Trier's sex movie Nymphomaniac. "My fiancée was concerned," he says, "because she's not an actress and not remotely interested or involved in this profession. She's never dated an actor before, so to hear of the project raised some red flags for her."

Then again, Slater was one of the few in the cast who didn't have to do the naughty stuff. He plays the father of the lead character, Joe (Charlotte Gainsbourg as an adult and Stacy Martin as a teen, young adult), a sex addict who relates a history of banging to a stranger (Stellan Skarsgaard). Slater keeps his clothes on, save some hospital gown malfunctions late in.

He still had reason to be scared. Von Trier has a reputation as an intimidating monster, one he himself has cultivated and fed to a hungry press. But despite Björk vowing never to act again after his Dancer in the Dark and Nicole Kidman running away from the sequel to Dogville, most actors have nothing but kind words for him. (Kidman has even said she'd work with him again.) Slater is no different.

"I found him to be very gentle and wonderful," he says. "The scenes that I had to do were very gentle scenes. We shot some of it in his backyard. We used the area of forest he used to play in when he was a kid. I think he felt very sentimental about it."

Slater's material is atypically earnest and warm for Von Trier, and they add an important texture to a film that's alternately comic and unpleasant. "I'm very happy that those scenes are in there. The movie needs that sensitive softer side. You need to understand that this girl did have some kind of deep, intense emotional background."

Slater shot his footage over four months, coming in and out of a production that was much more wild when he wasn't there. "I would hear about these stories about what they shot, the sexuality, the prosthetic that Shia (LaBeouf) had to wear — these crazy insane stories," he recalls. "But what was funny to hear was when they shot the first sexual encounter scenes and then by the end they could have cared less, they got de-sensitized. 'Oh, lets just get naked again.' But me, I would just shoot these sweet scenes with this 12 year-old girl."

For Slater, his Nymphomaniac performance is kind of a new big break. He first came to attention in films like Heathers, Pump Up the Volume and Young Guns II, usually playing smirking wiseacres who seemed to be doing Jack Nicholson impersonations. (In person he's more boyish and endearingly excitable.) His career has tapered off over the last 15 years — he's mostly seen in DTV fare these days — but his Nymphomaniac turn is both prominent and revelatory, revealing untapped maturity and kindness.

Not that he was completely aware of this at the time. "Quite honestly, I didn't know what we were doing," he says. "(Von Trier) gave me no clear-cut direction how to communicate any of this stuff. I was making it up as I went along. He allowed improv moments. I think the thing he was most concerned about was slowing down, taking my time and not rushing through it."

The whole experience was a kind of rebirth. "It was very unusual," he says. "I kind of had to re-train myself."

Keeping it sweet while the rest of the cast gets naughty

"What was funny to hear was when they shot the first sexual encounter scenes and then by the end they could have cared less, they got de-sensitized. 'Oh, lets just get naked again.' But me, I would just shoot these sweet scenes with this 12 year-old girl." Christian Slater

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Lady Gaga ALL PHOTOS GETTY IMAGES

Lovato has the stomach to take on Gaga fans after pukey SXSW performance

Lady Gaga has received plenty of raised eyebrows for letting a performance artist vomit on her during a concert at SXSW last week, but some people were genuinely offended by the act, including Demi Lovato, who took to Twitter to criticize Gaga for glamourizing eating disorders. "Bottom line, it's not 'cool' or 'artsy' at all," Lovato tweeted. "Would you let someone bring a needle and shoot up on you? Addiction is addiction." Some fans immediately came to Gaga's defence, accusing Lovato of throwing shade, but she would not be deterred. "It's not 'shade' and it's not 'hate.' But someone has to come forward and say it and I'll take the heat for it," she wrote. "Putting the word 'art' in it isn't a free card to do whatever you want without consequences."

Savannah Guthrie

New bride Guthrie has a baby on the way too

Savannah Guthrie, the Today co-anchor, got married this weekend and broke the news that she is also four months pregnant. She and her new husband Michael Feldman announced the big news to guests at their Arizona wedding on Saturday but asked their friends and family to keep the news quiet. When Guthrie was back at work on Monday morning (not much of a honeymoon, was it?) Today played a clip of their wedding and the happy pregnancy news. "We are four months pregnant," Guthrie announced to excited guests in the clip, all of whom leapt to their feet in applause. Back on air, Guthrie shared her happiness with viewers. "I'm so happy to tell the world because I can't suck in this gut anymore."

The Word

Statham's model girlfriend should tread Kerr-fully

Jason Statham better be careful, as girlfriend Rosie Huntington-Whiteley has reportedly been getting some frank advice from fellow Victoria's Secret model Miranda Kerr about the state of their relationship, according to Radar Online.

"Rosie and Jason have had many ups and downs in their relationship, but the supermodel has begun to lay down the law that if Jason doesn't start getting serious about getting married, she will leave him. But the ultimatum idea didn't come from Rosie herself but her close pal and mentor Miranda," a source says.

"After Rosie and Jason have spent four years together, Miranda would like to see her get married. She only wants the best for her friend, so she's urging her to give Jason some tough love."

And apparently Kerr is more than happy to take credit for what happens next: "Miranda has been bragging to other friends in recent weeks that she is steering Rosie in the right direction by advising her to leave Jason if he doesn't propose before the summer," the source adds.

Wayne Knight

Good Knight, sweet prince … No, wait, he's alive!!

Former Seinfeld and Jurassic Park star Wayne Knight had to take to Twitter this weekend to reassure fans that reports of his death were greatly exaggerated. "Some of you will be glad to hear this, others strangely disappointed, but … I am alive and well," Knight wrote, responding to fake TMZ and Us Weekly posts claiming he'd died. "Does someone have to DIE to trend? Geez! Thanks for all the love, everybody. I didn't know you cared. Glad to be breathing!"

Three is the magic number for Affleck and Garner

Ben Affleck may have previously hinted that a fourth kid could be in the cards, but Jennifer Garner has effectively put a stop to such talk, according to Radar Online.

"Jennifer told her pal that the difference between having two kids and three is 'massive,' and said (two-year-old son) Sam would complete their family. In fact, Jen admits she and Ben had only planned on having two children, and Sam was a wonderful but genuinely true accident," a source says. "They love their kids, but she's really had her hands full with these three since Sam was born in 2012 and while things are starting to settle down, it's been pretty exhausting, especially with Ben being so busy."

Ben Affleck

Twitter

@MarkDuplass
I have been up for 2 hours and I remember maybe 6-7 minutes of it.

@ParisHilton
Just had an amazing 2 hour deep tissue massage. Feeling happy & relaxed. Loves it

@ChloeGMoretz
flipping through channels then i see "Why Planes Crash" who would Ever watch that?!

Fish oils on the brain

Fish oils range in the health benefits that they may offer. ISTOCK

Supplements. Take the confusion out of shopping for these oils that may improve brain, heart and many other areas of overall health

DAVID SINGH
life@metronews.ca

Taking fish oil supplements can be confusing business. Visit the pharmacy aisle of any grocery store and you'll see why.

There are so many questions that can arise from this product. What are the benefits? Are there risks involved in taking it? Should you take salmon and fish oil, krill oil, or cod liver oil? After all, fish is fish, right?

What's the difference?

All fish oil supplements are not created equally, according to Sandra Edwards, a registered dietitian in Markham, Ont.

"There are different types of fish oil supplements, just like there are different types of fish available," Edwards said.

She says that cod liver and fish liver oil are sources of vitamin A and D, while other types like salmon oil and krill oil contain omega-3 fatty acids. It's important to make the distinction between the two, depending on your specific needs.

What is omega-3?

You may have heard the term omega-3 tossed around before, but what exactly is it?

"Omega-3's fatty acid play a role in the overall health of our heart and brain, but unlike diet or exercise you may not feel or notice a visible benefit," said Matthew Mayer, senior research specialist at the Heart and Stroke Foundation of Canada. "Regular consumption of omega-3s has been linked to reduced risk of some forms of cancer, improved heart rhythm function and reduced risk of heart diseases and stroke."

Food first

Great, now that that's cleared up, time to head to the pharmacy aisle, right? Not so fast.

The Heart and Stroke Foundation has no position on fish oil supplements. It recommends that Canadians speak to their physicians first. And Edwards agrees. "I would encourage people to get fish in their diet because there are many more benefits to eating fish rather than just the fish oil supplements," she said.

Aim for at least two servings of fatty fish per week. If you can't or don't like to eat fish then it's time to consider other options. That's where your physician's advice comes into play.

Risks to fish oil

Fish oil is not without risks. It can thin the blood, and research about supplements has yielded mixed results.

"More research is needed to understand if the same (omega-3) benefits can be derived from supplements," said Mayer. "It is still quite early, but some research has suggested not all omega-3 fatty acids are linked to improved health."

For your phone

Happy Camping (iPad, iPhone; $0.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

For your next outdoor adventure, publisher Random House has assembled six useful tools: a compass, flashlight, level, strobe, and some fun sound effects to help embellish your spooky campfire stories.

Be on the lookout

When buying fish oil supplements, always look for a natural product number (NPN) on the package. This ensures the product has been evaluated by Health Canada for quality, safety and effectiveness.

Manitoba Prostate Cancer SUPPORT GROUP

Prostate Cancer MEETING
Thursday, March 20, 2014
FREE ADMISSION

Speaker: Pat Trozzo, Pharmacist CC MB
Topic: PCa Drugs: New - Approved – Future
Location: Seven Oaks Hospital Auditorium
Time: 7 - 9 pm

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Prevention and precision

LINDA CLARKE
Metro World News in New York City

When it comes to colorectal cancer — which comprises colon cancer and rectal cancer — not all tumors are created equal. The big news in colorectal cancer treatment is genetic sequencing: defining the biology of a tumor and tailoring targeted treatment, rather than going by the old "one pill fits all" application.

"Precision medicine is the buzzword," says Dr. Rona Yaeger, a colorectal cancer researcher for the American Cancer Society. "Already there are drugs in clinical trials that will come on the market soon for new targeted treatments that act on particular tumor types."

With precision medicine and improved surgery techniques, doctors are able to more accurately target tumors. The result is less treatment for colorectal cancer patients, who previously might have had to endure unnecessary radiation or chemotherapy.

"We're now understanding that we've been over-treating and we don't always need all that chemotherapy and radiation," explains Yaeger. "Radiation, in particular, is something we want to avoid if possible, especially in young people, because one of the possible side effects is infertility."

Generally, colorectal cancer is thought of as an older person's disease. Yaeger tells Metro that the average age of colorectal cancer patients is 70, but adds that the incidence of colon cancer is increasing in 25- to 50-year-olds.

"So far, the evidence is observational, but that's what we're seeing," she says. "The problem is that in younger people, colorectal cancer is more likely to be advanced. Young people do not seek treatment until they present with symptoms, such as bloody stool, or a change in bowel movement. With young people, it's beyond a polyp."

Polyps are pre-cancerous ruptures in the bowel wall that are found during colonoscopy exams and removed. Colonoscopies are an effective tool in preventing cancer.

Despite all the advances in treatment, prevention for anyone, particularly younger people, is still paramount. Two ways to slash your risk? You've heard them before: a healthy (high-fibre!) diet, and regular exercise.

A high-fibre diet and exercise help slash the risk of colorectal cancer. ISTOCK

Richard Crouse battled his colon cancer with a positive attitude. CONTRIBUTED

... and that's the bottom line

Colon Cancer Awareness Month.

Metro's movie critic shares his own story — and a vital message

RICHARD CROUSE
life@metronews.ca

There are a few phrases you never want to hear.

"Michael Bay is directing a remake of Casablanca" and, "It's not you, it's me" appear on the scroll of things that hurt my ears.

Top of the list, however, is, "We've found a tumor."

In mid-2013, I had a colonoscopy, a procedure so routine I thought I'd be in and out and on my way to my favourite sandwich shop by lunch. I'm a nonsmoker, moderate drinker and I watch my diet. I even eat kale — lots of it. I had no symptoms, felt fine and only went because my doctor told me I had to due to my age.

Those four simple words went on to inform the next months of my life.

The doctor, squeezing my arm, saying, "I'm sorry," before walking away, didn't do much to alleviate the fear that quickly overtook me.

Besides becoming a human pincushion, pumped with toxic chemicals, the mental effect of being told you have cancer lingers.

I began the journey with the usual shock, but quickly skipped ahead, past denial, to anger. I was mad that a bullet shaped tumor in my colon — a dark spot that had grown quietly and insidiously inside me for the past few years — could possibly sideline all I had worked for.

The anger stage was quickly replaced by acceptance after long talks with the ever-rosy Andrea, my long-time girlfriend, and the cadre of doctors brought in to assess me.

It was then I decided to live my life with as little disruption as possible. It was my way of saying, "Screw you, cancer. You're not making the rules, I am." Optimistic maybe, but I firmly believe that a good attitude is one of the keys to leading a healthy life even in the face of serious medical issues.

I'm through the treatment now and the prognosis is good. It was a long journey — a trip down a dark and twisty road. I won't miss feeling like I'm living in someone else's body, waking up exhausted everyday or fearing the sinister tumor that was growing in me.

Today I'm confident that the surgery — I toyed with using the nickname Semi Colon Crouse in tribute to what was left of my insides, but better sense prevailed — more tests and scans than I can count and the gallons of chemo pumped into my system was all worth it.

This is my story, but it's not my message.

I waited until after my treatment for my cancer coming out party because I didn't want pity. I didn't want to be viewed differently. I just want you to know that if this could happen to me, it could happen to you. March, being Colon Cancer Awareness Month, seemed like the time to share my story.

What I want now is for you to get tested.

Colonoscopy is a big word, but it could have a huge effect on your well-being. Having one at age 50 saved my life and it could save yours. Make an appointment today. Your colon and I will thank you.

Just the facts

- The National Cancer Institute of Canada (NCIC) acknowledges colorectal cancer (CRC) as the third most common cancer and the second most common cause of death from cancer for both Canadian men and women.
- On average, 423 Canadians are diagnosed with CRC every week.
- One in 14 men is expected to develop CRC during his lifetime and one in 27 will die of it. One in 15 women is expected to develop CRC during her lifetime and one in 31 will die of it.
- 175 Canadians, on average, die of this disease every week.
- Anyone 50 and up should be screened regardless of family history.

BE A PROFESSIONAL WITH ROBERTSON COLLEGE

Imagine a job that gives you the personal satisfaction that comes from being the front-office person in a veterinary clinic.

The Robertson College veterinary office assistant program provides training in veterinary office skills, including office procedures, communications, customer service, and computer applications.

To gain a well-rounded understanding of all areas of the veterinary practice, students also study veterinary medical terminology, animal restraint, common conditions in cats and dogs, viral diseases of pets, veterinary nursing, and veterinary pharmacy.

A veterinary office assistant provides support to veterinarian and animal health technicians, and plays a vital role in the smooth operation of the veterinarian's practice.

One of the keys to success of any veterinary clinic is the person of first contact — an ideal veterinary office assistant will have strong people and organizational skills, an excellent knowledge of clinic operations, and a keen desire to share knowledge about animal care with pet owners.

CONTRIBUTED

The Robertson veterinary office assistant program includes a four-week practicum that gives students the opportunity to put your veterinary office skills to work in a real-world environment while gaining valuable experience.

For Cecily Lavallee, a veterinary office assistant, the Robertson veterinary office assistant program put her on the right path to a career she truly enjoys.

"I joined this course almost right after finishing high school and it really helped me to learn what it means how to be professional, make your time count and give it your all," Lavallee says. "I do not regret making my decision to take this program as it is helping to give me a sense of purpose."

Students will receive hands-on training in Robertson's state-of-the-art veterinary lab.

For more information about the Robertson College veterinary office assistant program, visit robertsoncollege.com.

FIND A SCHEDULE THAT SUITS YOU

Robertson College offers students flexible program scheduling, with new classes starting throughout the year. The school also offers half-day classes for those who need to maintain employment while going to school so students can earn while they learn.

Financial assistance is available for those who qualify.

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*Conditions apply. Please contact Robertson College for complete details.

NAVIGATE THE INS AND OUTS OF FUNDRAISING

AT RED RIVER COLLEGE

It's not always as easy as setting up a lemonade stand at the end of your street to raise funds for a certain cause — it often takes some serious work and knowing how to navigate the ins and outs of fundraising.

The fundamentals of fundraising at Red River College is a series of workshops geared towards anyone working or wishing to work in the non-profit field.

"Today, charities rely less and less on government funding, so it is important to know what other funding avenues are available," says Jackie Markstrom, CFRE, development officer, St John's College. "It is up to us as fundraisers to make sure we help individuals, corporations and foundations realize their dreams of making the world a better place."

Developed by the Association of Fundraising Professionals, an international organization for fundraisers, this 16-20 hour program was designed by experienced fundraising professionals to meet the challenges and needs of today's world.

"The objective is to provide an overview of the fundraising needs of organizations and how to fulfil that need," Markstrom says.

This program is a series of five half-day workshops that is offered in partnership with the Association of Fundraising Professionals (Manitoba chapter) and is delivered by knowledgeable fundraising professionals.

The program helps beginner fundraisers in all sectors learn how to raise funds well and network with their peers.

There are seven modules to the program, each one dealing with a specific area of fundraising. These areas include: Overview of fundraising; developing an integrated fundraising program; marketing for ongoing success; building and sustaining relationships; securing the gift; volunteers — partners in fundraising; and management and accountability.

CONTRIBUTED

The fundamentals of fundraising workshops are offered through Red River College Wednesdays from 8:30 a.m. to 12.30 p.m. for five consecutive weeks, starting May 7. Students must register for all the workshops.

For more information on the workshops, visit rrc.ca/fundraising.

RED RIVER COLLEGE

Learn the Fundamentals of Fundraising

Get hands-on training from the pros with your development campaign or fundraising effort.

Designed to help organizations raise funds more effectively, the series is delivered by RRC, in conjunction with the Manitoba Chapter of the Association of Fundraising Professionals.

Dates: Wednesdays, May 7 - June 4, 2014
Time: 8:30 a.m. - 12:30 p.m.
Location: Roblin Centre, Red River College
Includes: Course material and continental breakfast

Reach beyond with Continuing Education
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LEARN MORE THAN JUST THE MASSAGE ABCs

YOU CAN TAILOR YOUR CAREER AT WELLINGTON COLLEGE

Enrolment has begun for the full-time and distance education programs in remedial massage therapy at Wellington College.

"Both programs surpass the national standard of massage education and offer the option to tailor your career to one of three niches — spa, sports massage or rehabilitation," says Brie Timings, spokesperson for Wellington College.

At Wellington College, you can earn your massage therapy diploma in one of two ways — the full-time course, which takes two years, Monday to Friday, or the distance education course, which is a better fit for those living in rural areas or who want to continue their full-time job while studying.

Distance ed is spaced out over three years, and requires attendance at one seminar weekend each month, plus one online class every week.

CONTRIBUTED

A career in massage therapy can be a rewarding and satisfying career for those looking to take control of their futures.

Wellington College massage therapy students are taught more than just the ABCs of massage — they also learn about the fundamentals of running their own businesses and how to be their own boss.

Timings says there are a number of ways to get information about the college to help you decide your future path. Individuals can request an information package, stop by for a personal tour, attend an information session, or sign up for the intro to massage workshop.

Wellington College is also offering the intro to massage workshop May 10, from 9 a.m. to 4 p.m. This workshop is open to those who want to learn a few basics to get an idea for the profession, or who just want to learn how to give a great massage to friends and family.

For more information, please visit wellingtoncollege.com.

INFO SESSION

The next information session at Wellington College will be held March 30 from 1-3 p.m. at the college. These monthly sessions go in-depth about the programs, history and what to expect as a student of Wellington College. You will also be taken on a tour of the college.

FIT EDUCATION INTO YOUR LIFE SCHEDULE

This is the time of year that people are searching for educational options as registration deadlines are approaching for fall admission.

At Winnipeg Technical College (WTC), applications are accepted all year long.

"In many program areas WTC has more than just one intake per year, and full-time day and evening options allow students the opportunity to make education fit into their life schedule," says Rae-Lynn Rempel, manager, marketing communications, Winnipeg Technical College. "With 97 per cent of students indicating that WTC staff care about their success, why would you not want to apply."

Programs still available for September intakes include culinary arts and design, motosport technician, auto mechanics, hairstyling, and business administrative assistant.

Rempel says culinary arts and design students will benefit from the newly renovated teaching lab that includes individual learning space and optimum viewing of instructor demonstrations through video screens. This program is accredited by Apprenticeship Manitoba for Level 1 in the cooks trade.

Students interested in the motosport technician program will learn how to repair, maintain and build recreational vehicles, including motorcycles, dirt bikes, snowmobiles, ATVs and personal watercraft. This program is also accredited with Apprenticeship Manitoba.

"In all WTC programs, there is a strong link to employability and essential skills," Rempel says.

WTC's hairstyling program boasts of a full hair salon that provides a real-world experience for students.

The business administrative assistant program provides students the knowledge and skills that employers need for today's business environment, from the latest technologies to an emphasis on the importance of communication skills.

"It's a competitive job market out there and everyone needs the extra edge of excellent administrative skills to get ahead of the crowd," Rempel says.

For more information or a tour of WTC's facilities, call 204-989-6541, contact info@wtc.mb.ca, or visit wtc.mb.ca.

APPLICATIONS

The application process at WTC is simple. You can download an application form off the WTC website (wtc.mb.ca), attach supporting documentation that shows you have met the entrance requirements along with a $65 administrative fee and either mail it in or drop it off at any of the campus locations.

CONTRIBUTED

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PATAL CAN HELP PUT YOU ON THE RIGHT TRACK

With thoughts of spring and new beginnings, it is a great time to start thinking about working towards the career of which you have always dreamed.

At Patal Vocational Preparation Schools Ltd., students can develop the skills and confidence needed to start pursuing their dreams.

"Patal takes students where they are right now and builds on your strengths to create capacity to meet your future goals," says Terry Sakiyama, executive director, Patal. "Our staff has lived experience, which means they can relate to your barriers."

Sakiyama describes Patal as social enterprise.

Patal works with its students to get them on the right track in life, no matter what barriers they are facing.

"Patal doesn't label our students because labels become an excuse — Patal takes weaknesses and turns them into strengths," Sakiyama says.

Patal programs have all of the essential skills necessary to complete your program with skills that are needed by employers.

Patal focuses on providing skill-based training and work experience for students seeking re-employment or employment for the first time.

CONTRIBUTED

Patal offers registered diploma programs in office administration, business accounting, culinary arts, entry-level baking, hospitality and tourism, human resource facilitator, and personal computer service technician/network management.

From customer service, to computer repair service, cooking for the community or catering services, Patal doesn't advertise what it will do for you — the school does it.

For students needing a little extra help during their studies, Patal provides one-on-one supports for everyday life, such as food security, housing, getting and keeping a job, cultural identification, and finding your identity.

"Our approach is to teach you something that you then pay forward to other students and your family members," Sakiyama says.

LIFE SKILLS

Patal has included life skills training in all of the project-based training.

Organizations such as John Howard, Aboriginal Single Window, Service Canada (Skills Link), and MB4Youth have contracted Patal because of the school's experience in designing and delivering life skills and pre-employment training for at-risk youth.

EMBARK ON A NEW JOURNEY WITH PACE

Just two days after Sadia Hashmi finished writing her last university exam, she began working in the accounting department for a large company in downtown Winnipeg.

But after just two years, she felt unhappy and unfulfilled in her career and decided to pursue a new career path in human resources.

She began her journey by enrolling in the full-time human resource management diploma program at PACE (professional, applied and continuing education) University of Winnipeg.

"With no previous experience or education in human resources, I dived right into it," Hashmi says. "I knew I wanted to build a solid educational background and make connections with as many students, instructors, and other individuals in the field as possible."

Hashmi says the internship at the end of the program gave her valuable experience that she could add to her resumé, which led her to a second internship.

In January 2013, she achieved the CHRP designation and is currently working at the Canadian Museum for Human Rights (CMHR) as a human resources co-ordinator.

"My role at the CMHR will give me the opportunity to continue to grow and develop my skills in human resources, while at the same time being part of a unique national project that comes once in a life time," Hashmi says.

For more, visit pace.uwinnipeg.ca.

GOODLUZ/SHUTTERSTOCK

ROB BYRON/SHUTTERSTOCK

CONSIDER A CAREER IN NUCLEAR MEDICINE

If you have a keen interest in the health sciences and are looking for a people-oriented career, consider nuclear medicine technology.

Nuclear medicine combines chemistry, physics, biology, computer technology, and medicine in using radioactivity to diagnose and treat disease. Nuclear medicine uniquely provides information about both the structure and function of virtually every major organ system within the body. It is this ability to characterize and quantify physiologic function that separates nuclear medicine from other imaging modalities. Nuclear medicine procedures are safe since they involve little or no patient discomfort.

Upon completion of the program, you will be eligible to write the national CAMRT exam, which, if successful, allows you to work anywhere in Canada.

The nuclear medicine technologist is a highly specialized health-care professional who works closely with the nuclear medicine physician. Some of the technologist's primary responsibilities are to: Prepare and administer radioactive chemical compounds, known as radiopharmaceuticals; perform patient imaging procedures using sophisticated radiation-detecting instrumentation; complete computer processing and image enhancement; and provide images, data analysis, and patient information to the physician for diagnostic interpretation

To set up a job shadow opportunity, contact jphipps@hsc.mb.ca.

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PREPARE FOR A CAREER IN LAW WITH HERZING

Legal assistants are valued members of any legal team and are vital to the daily operations of the legal profession.

These professionals often work side by side with lawyers to help draft contracts, mortgages, separation agreements, and trust instruments, among many other important duties.

The Herzing College legal assistant program is a great program for someone wanting to start a career in law.

"This program prepares graduates to work in all areas of law, whether government, law or business," says Jenna Boholij, admissions co-ordinator, Herzing College.

The program provides an overview of the communication skills, people skills and computer skills necessary to work as a legal assistant.

The program is 20 hours per week, and takes nine to 10 months to complete. Areas of study include word processing and computer skills, legal office procedures, family law, wills and estates, corporate law, litigation, and real estate purchase, sales and contracts. The program also includes a four-week internship component, where students can put their skills to use in a legal office environment.

Graduates may go on to pursue careers as legal assistants, legal receptionists, clerks, and AY2 secretaries.

TRAINING AND RESOURCES

Herzing College works closely with top local and regional employers to ensure that Herzing programs encompass the skills and knowledge needed for its students to succeed at the next level. The Herzing career development department provides students with the training and employment resources they need to successfully find employment.

CONTRIBUTED

"Graduates can work in any type of office with a legal department, so there are many opportunities," Boholij says.

"In 2013, 100 per cent of our available legal assistant graduates were employed in a related field and, on average, starting salaries have increased 40 per cent over a two-year period for our graduates entering this field."

Herzing College requires applicants to have a minimum of Grade 12, or equivalent, or be a mature student. Applicants will also be interviewed in detail regarding their interest in the field and will be required to pass an aptitude exam, administered by the college.

To learn more about Herzing College, please visit herzing.ca.

Where down south meets south of the border: Mac and Cheese Fajitas

This recipe serves four. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

FLASH FOOD
From your fridge to your table in 30 minutes or less

Combine two family faves in a casserole and there will be no complaints at the dinner table. Flank steak is a flavourful cut and takes minutes to cook.

1. Place steak on counter to bring to room temperature.

2. Bring pot of water to a boil, add a pinch of salt for pasta.

3. Meanwhile, mix herbs, sea salt and hot pepper flakes together in a plate along with half the oil. Coat steak in herbs while you heat a cast iron skillet to high heat. Sear steak for 4-5 minutes on both sides.

4. Add pasta to boiling water and boil to cook through, drain.

5. Remove steak and set aside.

6. Add onions to steak pan, cook for 3-5 minutes, add tomatoes and a little pasta water to deglaze the pan.

7. Add cream cheese to pasta pot to melt and stir in pasta.

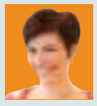
8. Butter casserole dish and add pasta to it. Top with onions and tomatoes, salsa, cheese. Slice meat thinly across grain and set atop dish. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST.**

Ingredients

- 1 lb flank steak
- 1 tsp each thyme and oregano
- 1 pinch each sea salt and hot pepper flakes
- 1 tbsp grapeseed oil
- 1 1/2 cups elbow whole wheat pasta
- 2 onions
- 3 plum tomatoes
- 1/2 cup cream cheese
- 1/4 cup salsa
- 1/4 cup grated cheese

Health Solutions

Have your steak and eat it, too



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

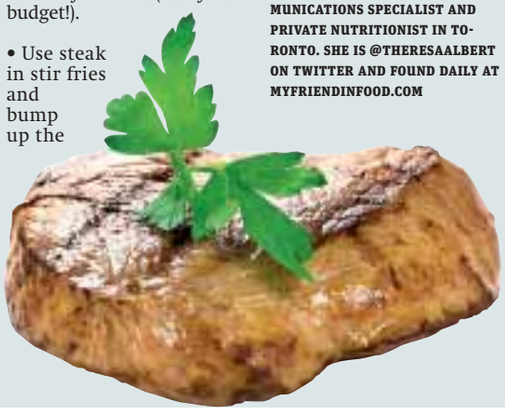
Red meat gets a bad rap, but in small, reasonable amounts, it can serve up high amounts of immune-boosting zinc and muscle-building protein.

Any animal protein contains cholesterol and fat, so you want to keep it in check by choosing leaner cuts and making meat an ingredient rather than the whole dish.

Lean cuts include flank steak and tenderloin.

Here are some ideas to stretch your beef (and your budget!).

- Use steak in stir fries and bump up the veggie content.
- Use double the beans and half the meat in your chili recipe.
- Add ground oats and cooked spinach to burgers and meat loaves.
- Choose grass-fed beef or bison. They are leaner.
- Use sliced roast beef as one layer in a sandwich instead of a steak sandwich.



Humans are omnivores, which means we can choose our food from a variety of sources for a variety of reasons. Keeping your choices in balance beats beating yourself up over something you love.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Beefing up your mole

1. Heat the oven to 350 F.

2. Spread butter over cut sides of both halves of the baguettes. Set the baguettes cut side up in the oven to warm.

3. Meanwhile, heat the oil in a medium saucepan over medium-high. Add the beef and sear for 2 to 3 minutes per side. Set aside off the heat.

4. In a blender combine the almond butter, tomatoes, garlic, shallot, cocoa powder, cinnamon, black pepper, pepper flakes, cloves and water. Purée until smooth, then add to the beef. Bring the beef and sauce to a simmer over medium heat. Cook, uncovered and stirring occasionally, for 10 minutes.

5. Season the beef with salt and hot sauce, then divide it between serving plates. Top with scallions. Accompany with the warmed baguette.

THE ASSOCIATED PRESS

Ingredients

- 12-inch baguette, halved lengthwise
- 4 tbsp(1/2 stick) butter, softened
- 1 tbsp olive oil
- 3/4 lb beef sirloin tips, cut into 1-inch chunks
- 1/4 cup almond butter
- 1/4 cup canned crushed tomatoes
- 2 cloves garlic
- 1/2 shallot
- 1 tsp cocoa powder
- 1/4 tsp each cinnamon, ground black pepper, red pepper flakes
- Pinch ground cloves
- 1/2 cup water
- Salt
- Hot sauce, to taste
- 1 scallion, white and green parts, chopped

This recipe serves three. MATTHEW MEAD/THE ASSOCIATED PRESS

4 SPORTS

Curling

Homan dominates U.S. and Denmark at worlds

Canada's Rachel Homan downed Allison Pottinger of the United States 9-3 at the Ford Women's World Curling Championship on Monday in a game that lasted just six ends.

It was Canada's second quick win of the day after downing Denmark's Madeleine Dupont 8-4 in eight ends.

Homan and her Ottawa Curling Club team improved to 4-1.

Canada takes on Latvia and Scotland on Tuesday.

THE CANADIAN PRESS

Suspected DWI

Colts owner released from jail

Indianapolis Colts owner Jim Irsay was released from jail Monday after being held overnight following a traffic stop in which police said he failed sobriety tests and had multiple prescription drugs inside his vehicle.

THE ASSOCIATED PRESS

NHL

Roy returns to Montreal as coach

Patrick Roy was all smiles and positive vibrations on Monday on his first visit to Montreal as an NHL head coach.

The Colorado Avalanche coach and former Montreal goaltending great expects a warm reception from the fans when his team plays the Habs on Tuesday night at the Bell Centre. THE CANADIAN PRESS

The Jets' Keaton Ellerby crashes to the ice after being checked by the Blues' Chris Porter on Monday night in St. Louis. JEFF ROBERSON/THE ASSOCIATED PRESS

Blues send Jets into crash landing

NHL. St. Louis tops 100-point plateau for the sixth time in franchise history

David Backes scored twice and Ryan Miller made 16 saves in another win as the St. Louis Blues beat the Winnipeg Jets 3-1 on Monday night.

The Blues are 7-0-1 since Miller was acquired by trade from Buffalo. St. Louis has won three straight and eight of nine.

Western Conference-leading St. Louis has an NHL-best 101 points. It is the sixth time in franchise history that the Blues have reached 100 points.

Backes has 23 goals this season. Brendan Morrow added a goal and Jay Bouwmeester had two assists in the win.

Eric O'Dell had the lone goal for Winnipeg, and Al Montoya made 23 saves.

The Blues won despite the absence of players Vladimir Tarasenko and T.J. Oshie.

THE ASSOCIATED PRESS

On Monday

Blues	Jets
3	1

Around the league

Lightning 4, Canucks 3. Steven Stamkos and Ondrej Palat both had a goal and an assist to lead Tampa Bay past Vancouver.

Bruins 4, Wild 1. Jarome Iginla scored two goals, Tuukka Rask stopped 33 shots, and Boston extended its winning streak to nine games.

Leiper at home in Canadian baseball world

Blue Jays first base coach Tim Leiper
NEIL DAVIDSON/THE CANADIAN PRESS

Blue Jays first base coach Tim Leiper calls Arizona home these days but should qualify for honorary Canadian citizenship given his ties north of the border.

Thanks to a past stint in Ottawa with the minor-league Lynx, Leiper is a valued member of Baseball Canada. And the appreciation goes both ways.

"This is the absolute best thing I've ever done," said Leiper. "They are the greatest people. (Head coach and director of national teams) Greg Hamilton, (president) Ray Carter, (director general) Jim Baba. The guys that run the program, they're the nicest people in the world. And we've kind of like become family."

It started after Leiper became hitting coach of the triple-A Ottawa Lynx of the International League in 1999, eventually moving up to manager. There he became friends with Hamilton and, one day in 2003, he asked the Baseball Canada man if he ever needed help with the program.

"I didn't think I could do it because I was from the States," said Leiper. "He said he never asked me because he didn't think I wanted to do it. That's kind of how it started."

They joined forces for Olympic qualifying in Panama later that year. Leiper, 47, has gone on to serve as a coach on the 2004 Canadian Olympic team as well as Canada's 2006 and 2009 World Baseball Classic squads.

He was also part of the Baseball Canada staff that won bronze medals at both the 2008 and 2011 Baseball World Cups and the gold medal at the 2011 Pan-American Games. THE CANADIAN PRESS

Joining the Jays

Tim Leiper joined the Jays' coaching staff in the off-season after spending the past year as a special assistant to player development in the Toronto system.

Melvin has goals beyond NCAA March Madness

Melvin Ejim's family moved from Nigeria to Toronto just before he was born and he didn't get noticed by the countless street scouts who hover around the game until his mid-teens. JASON MILLER/GETTY IMAGES

Basketball. Big 12 player of the year from Toronto is taking college very seriously

It is refreshing in this age of one-and-done NCAA basketball stars — the high-profile teenagers who use a year in college as a pit stop on their way to untold NBA riches — to find the student athletes who use as much collegiate time as they can.

They may end up in Europe or the D League or Asia — and on occasion they improve their games enough to find NBA employment — but they find a balance that sets them up for life as something other than a professional baller.

Toronto's Melvin Ejim, who has accrued any number of accolades at Iowa State University, is a case in point.

He has been a mainstay of the program for four years and no matter what happens in the March Madness tournament that begins this week, his overall impact has been significant.

"It's one of the best things that ever happened to this program is to have Melvin Ejim in a Cyclone uniform for four years," Iowa State coach and former NBAer Fred Hoiberg said of Ejim earlier this month.

Ejim is indeed a throwback, a true senior who has stayed and thrived and become the face of a college program.

The Cyclones have been to March Madness in three of Ejim's four years there and he has been their standout player all season.

There was a memorable 48-point night — the highest single-game scoring outburst in Big 12 history against TCU last month — and Ejim finished his career 12th all-time in Iowa State history with 1,547 points and third with 1,007 rebounds.

He's a fine outside shooter at 35 per cent from three-point range, and a disruptive, if undersized, force in the paint. But whether or not Ejim has the skills to play in the NBA is very much in doubt. NBA scouts, forbidden by rules to speak on the record about college players before their seasons are over, wonder just where Ejim's game would take him.

At six-foot-six he is the prototypical "tweener" who many think would have trouble finding a position to play in the NBA. Some doubt that he's quick enough to guard small forwards or big enough to handle power forwards, and an offensive game that's stood him in such good stead in the NCAA may not cut it in the NBA.

But Ejim, according to those who know him, is a grounded 23-year-old fully aware that professional basketball may not be in his future. There are hundreds and hundreds of college players who dream only about becoming professional, but Ejim is not one of them.

"I'm in school — my primary goal is to get my education," Ejim told the Des Moines Register. "When I'm not doing that, I'm playing basketball."

Added Hoiberg: "Melvin's a heck of a lot smarter than I am. He gets better grades than I ever got. He's what participating in college athletics is supposed to be about."

TORSTAR NEWS SERVICE

Not all about the NBA

"Law school, that's where I have my sights right now."

Toronto's Melvin Ejim on his main goal in college, one that he should meet given his 3.7 GPA

Northern lights

27

A total of 27 Canadians will suit up in the tournament. Look for numerous Canucks not only playing major minutes, but playing starring roles.

Guide to March Madness

Top Teams

Florida. No. 1 overall gets props, especially one that plays defence like the Gators.

Wichita State. Final Four last season, unbeaten so far this one. All you need to know.

Arizona. A loss to UCLA in the Pac-12 title game wasn't enough to keep the Wildcats from a No. 1 seed.

Virginia. No. 1 in the East Region after sweeping the ACC regular-season and tournament titles.

Top players

Doug McDermott, Creighton. Pretty much everyone's player of the year. Expect big things.

Jabari Parker, Duke. The year's best freshman is one of the best. Period.

Shabazz Napier, UConn. The only thing the Huskies' do-everything guard doesn't do is drive the team bus.

Russ Smith, Louisville. He is still Russdiculous.

Potential upsets

Harvard over Cincinnati, East Regional.

Providence over North Carolina, East Regional.

Saint Joseph's over UConn, East Regional.

N.C. State or Xavier over Saint Louis, Midwest Regional.

Iowa or Tennessee over UMass, Midwest Regional.

Numbers games

3 straight years a team with a losing record has made the field of 68. Cal Poly, at 13-19, got in by winning the Big West tournament as the No. 7 seed.

18 teams have entered the tournament undefeated. Seven went on to win the title, the last one Indiana in 1976.

26 consecutive wins by top overall seed Florida.

355 Weight of Sim Bhullar, New Mexico State's seven-foot-five centre.

The missing

Brandon Ashley, Arizona. The forward went down for the season with a foot injury last month.

Joel Embiid, Kansas. The freshman is out with a back injury.

Mitch McGary, Michigan. The big man, missed the season with a back injury.

THE ASSOCIATED PRESS

Wayman Tisdale Award

Parker named top freshman

Duke forward Jabari Parker won the Wayman Tisdale Award on Monday, presented by the U.S. Basketball Writers Association to the nation's top freshman.

The six-foot-eight Parker is second in the Atlantic Coast Conference in scoring (19.3) and leads the league in rebounding (8.8). He has scored in double figures in 17 straight games and in 32 of 34 games this season, breaking the Duke freshman record held by Gene Banks and Luol Deng.

Joining Parker on the freshman All-America team are: Joel Embiid and Vaughan's Andrew Wiggins of Kansas; Brampton's Tyler Ennis of Syracuse and Julius Randle of Kentucky.

THE ASSOCIATED PRESS

Duke's Jabari Parker was named NCAA freshman of the year on Monday. GETTY IMAGES

Billion-dollar bracket

Buffet's bet building hype

So, about that billion dollars.

Warren Buffett looks at his offer to pay $1 billion to anyone who fills out a perfect NCAA tournament bracket as nothing more than a matter of having the numbers in his favour.

Mathematicians say he's right but that's not stopping them from building a cottage industry to teach bracket-fillers how to make the impossible seem possible.

Around a half-dozen college professors are offering classes to teach the ins and outs of the numbers that will, inevitably, work against them.

There are a few more than 9.2 quintillion combinations for a 64-team bracket. A quintillion is one million times one trillion — a 1 with 18 zeros behind it.

THE ASSOCIATED PRESS

Horoscopes

Aries
March 21 - April 20
Put your heart and soul into what you are working on. No matter how much natural talent you may have what makes you stand out from the crowd is your enthusiasm.

Taurus
April 21 - May 21
Someone in a position of authority will ask you to do something for them today and you should agree. You may not be in the mood to work harder but later you will see how much it benefited you.

Gemini
May 22 - June 21
If you get the chance to travel today you must take it. Venus and Uranus combine in such a favourable way that the more you are on the move the more fun you will have.

Cancer
June 22 - July 23
Listen to what your conscience tells you today and ignore anyone who gives you conflicting advice. Too much of what others say is based on fear and ignorance. Listen to your heart.

Leo
July 24 - Aug. 23
Give partners and loved ones room to be themselves. If you try to restrict their movements you will succeed only in making them more rebellious.

Virgo
Aug. 24 - Sept. 23
No matter how irritating certain people may be you must not let them get under your skin. You need to relax and let life happen. The more you try to force things the more others will try to annoy you.

Libra
Sept. 24 - Oct. 23
Venus, your ruler, links nicely with changes planet Uranus over the next 24 hours, which means you must be more adventurous. Both creatively and romantically you should take more chances.

Scorpio
Oct. 24 - Nov. 22
According to the planets you are thinking too much about the past and not nearly enough about the future. Your task today is to switch your attention away from what was and toward what could be.

Sagittarius
Nov. 23 - Dec. 21
If there is something you want to tell the world, something you think it should know, shout about it as loudly as you can. Make sure you get heard.

Capricorn
Dec. 22 - Jan. 20
At some point today you will discover that your money situation is not as bad as you thought it was and that will cheer you up immensely. But it is not an excuse to go on a spree.

Aquarius
Jan. 21 - Feb. 19
Today's link between values planet Venus, currently in your sign, and your ruling planet Uranus will encourage you to believe that life is good and getting better by the minute.

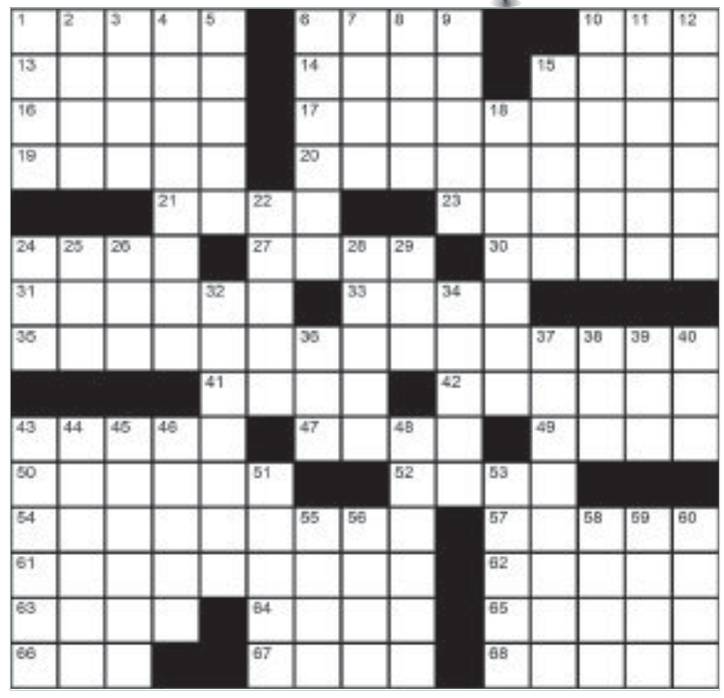
Pisces
Feb. 20 - March 20
If there is someone you have admired from afar but, for one reason or another, have been reluctant to approach, now is the time to let them know that you like them. According to the planets they may well have feelings for you too.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

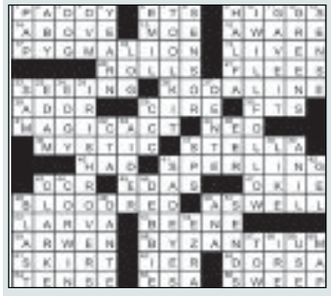
BY KELLY ANN BUCHANAN



Across
1. __ Falls (High waterfall on Vancouver Island)
6. "Who's the Boss?" role
10. Swimming length
13. Stave off
14. __ __ 6:00am
15. Bona __
16. Hairstyle bangs, sometimes
17. Etobicoke, ON-born star of CTV's "Spun Out": 2 wds.
19. View, Bible-style
20. Bertram Brockhouse's occupation (Canadian who got a Nobel Prize in 1994)
21. '60s concert film, "_._._. Show"
23. Loyal about: 2 wds.
24. __ B'rith
27. Prefix to 'ferous' (Conveying air)
30. German industrial city
31. St. John's born humourist Rick
33. Patron saint of Norway
35. Type of show #17-Across is: 2 wds.
41. Stroll
42. Excused from
43. Marx Brothers, just one
47. Indigo
49. __ Rage (Performance enhancers-user's anger)
50. "Sources told me that...": 2 wds.
52. Drug deal buster, for short
54. North Atlantic overfishing depletes them: 2 wds.
57. Surpass
61. Ruthless
62. __ Pendragon (King Arthur's father)
63. Some, in French: Quelques-__
64. Comic actor Eric
65. Upside-down-triangle sign
66. Celeb couple's caught-by-paps moment
67. Ooze
68. Sir Coward's

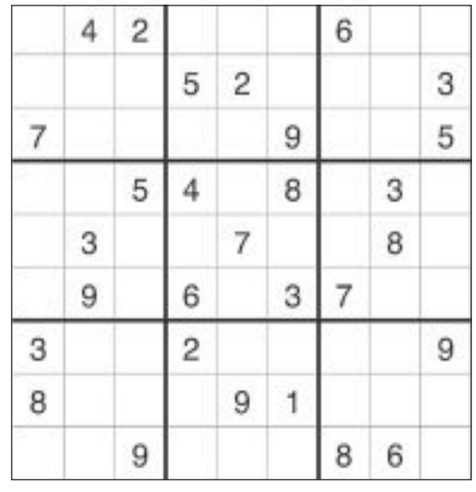
Down
1. Stealing birds
2. "A Letter for __" (1946)
3. Shake off
4. Avon product
5. Temple sanctums of ancient Greece
6. Wet earth created Place"
15. Concentrate
18. Web browser name
22. "Canada AM" health expert, Dr. __ Shapiro
24. Snazzy-lettered car
25. Prefix to 'classical'
26. Airport screen abbr.
28. __ '_' Roll
29. Island: French
32. Adele's "Rolling in the Deep" co-songwriter, Paul __
34. High-speed Amtrak train
36. Mode's intro: 2 wds.
37. Romeo and Juliet character
38. Music genre
39. Printer resolution meas.
40. Financial rpt.'s 'until now'
43. Small setback
44. Elvis bit: "You ain't nothin but _ __ dog..."
45. Tetley product aka Rooibos: 2 wds.
46. Histories
48. Shoe part
51. Showbiz legend Ms. Day
53. __-Noranda, Quebec
55. Postal __
56. Produce product
58. Bible pronoun
59. Computers name
60. Sequences, for short
7. Bright fish
8. Old __ (Clothing chain)
9. "This is _ __, this is only..."
10. Water __ (Flowers in Monet paintings)
11. "__ Fideles"
12. '60s series, "__ 'dessert': 2 wds.

Yesterday's Crossword

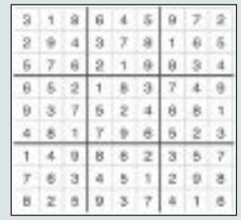


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku



Weather

TODAY — MAX: -5° MIN: -13°
WEDNESDAY — MAX: -2° MIN: -9°
THURSDAY — MAX: 0° MIN: -13°

BT BREAKFAST TELEVISION

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